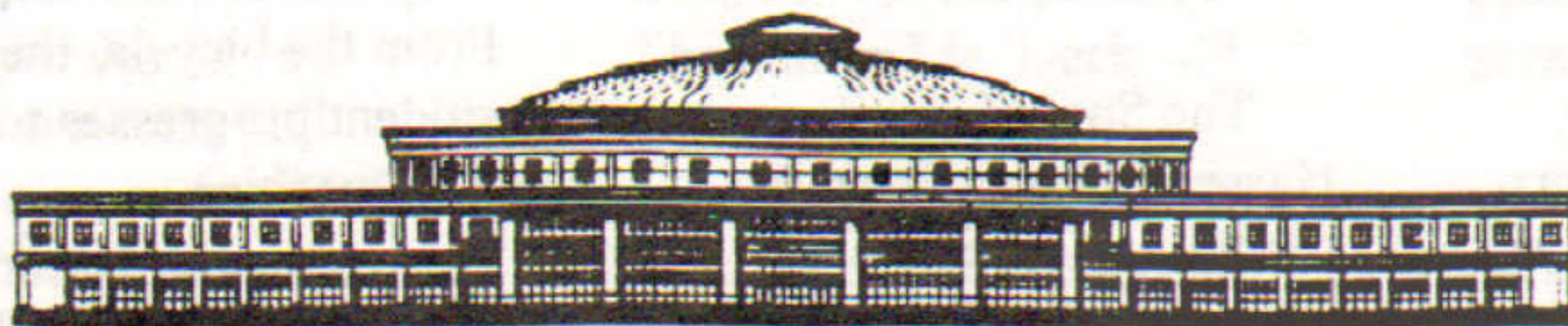


# THE SHELTON CHRONICLE



*Vol 3 No. 12*

*July 15, 1996*

*The SHELTON CHRONICLE is published twice a month by the office of Public Relations and Alumni Affairs, (205) 391-2221.*

## UMPHREY NAMED TO NEW COMMITTEE

**SHELTON STATE PRESIDENT TOM UMPHREY** was recently named by the Alabama State Board of Education to the Higher Education Funding Advisory Commission during the state board's June meeting. Other representatives from the Alabama College System named to the commission were Dr. Judy Merritt, Dr. Perry Ward and Mr. Ewell Smith. At the July 9 meeting of the state board, board member David Byers' name was added to the Commission roster.

During its 1996 regular session, the Alabama Legislature created the Higher Education Funding Advisory Commission to develop a proposed new funding approach for higher education that is performance-based and uses other incentive funding approaches.

This new commission will be composed of 14 members representing public universities, two-year colleges, and one member from the Alabama Commission on Higher Education. The resolution directs the State Board of Education to select the Alabama College System representatives to the commission.

The Alabama Commission on Higher Education is to work with the Higher Education Funding Advisory Commission, the Legislative Joint Fiscal Committee, and the Governor. A progress report was to be presented to the Legislature by July 1, 1996, with the commission dissolving October 1, 1998. October 1, 1998 is established as the target date by which the Legislature, if it chooses, could begin using the new funding approach.

## HOW TO BE SUPER IN THE SUPER CIRCUIT ROOM

*BY LUCY KUBISZYN*

Anyone who knows me well understands exercising is not my thing. Each time

I go to Milady Murphy's exercise class, I tell myself it's "good for me," sort of like eating broccoli. And in

retrospect, it usually is. Consequently, it was no surprise when I felt pangs of apprehension on



entering the SUPER CIRCUIT room on Shelton's new campus. Now if there has ever been a room that looks officially like the exercise room of the future, this is it! Use of this room should guarantee not only a new Shelton and a new world but a new Lucy as well!

No less than 24 different pieces of equipment line the walls in the Super Circuit room which is located in the heart of the Wellness Center. The equipment, all new and shiny, is a little overwhelming at first. It's sort of like opening your presents Christmas morning. I wasn't really sure where to start. I mean, which leg goes over which bar, and how do I keep from knocking over one of the bicycles?

However, as all journalists worth their salt know, you have to try something in order to write about it. So it was full speed ahead through the entire super circuit process. And super it is! If you haven't seen "the room" yet, it alone is worth the trip to the new campus. According to Milady Murphy, only one other place in Tuscaloosa, a Northport health club, has

this type of equipment.

The Super Circuit classes will be offered in the fall as General Conditioning PED 118 or 119. Courses are one and one-half hours in length, beginning at 8 a.m. and continuing until 8 p.m. Taken for credit, these classes offer conditioning using Nautilus equipment and bicycles. The program is designed to strengthen heart and lung capacity, burn fat, tone muscles, and enhance cardiovascular as well as muscular endurance.

With 12 pieces of equipment plus bicycles in the room, 24 people can go through the class at one time. It takes the average person approximately 25 minutes to complete one circuit. That means you make it around all the machines at least once during the 90-minute period. Some athletes actually go through the circuit three times during one class period. (*I was not one of those persons!*)

The class is perfectly synchronized through music. Each student uses one machine for a certain length of time. At the end of that period, the student rides a bicycle in order to

keep the heart rate up. From the bicycle, the student progresses to the next machine.

*"Help, Milady! What do you do if you find you can't use one of these machines?"*

*"Just March, Honey, March! If you march in place you'll keep your heart rate up."*

So if any of you people see me marching in place around campus, please realize I'm simply practicing my super circuit activity.

One of the first questions most people ask Milady about the Super Circuit room is if they can use the equipment without being enrolled in a class. The answer is an emphatic "no!"

"We're not a health club," Dr. Murphy stresses. "I don't want anyone to hurt themselves on this equipment. The first 10 minutes of each class period will be spent on discussion and lecture and will be followed by stretching exercises."

And just what are the machines found in this new Super Circuit room? In



order of use, they are: chess press; seated row; shoulder press; lat pull down; biceps curl; tricep press; abdominal crunch; back extension; leg extension; seated leg curl; pec deck and seated leg press. In between each, you ride a bicycle. And best of all, it's synchronized to music.

For more information on the Super Circuit room and other classes offered at the Wellness Center, call 391-2994.

"Now 'scuse me please. It's time for all of us true body builders to rub a little oil on our muscles so we will show up well when we flex our triceps!"

## **FACES AND PLACES**

\*Shelton instructor **SHARON DECK** was recently selected to participate in the 1996/97 Alabama Voices Program. This program, which is funded by the Alabama Humanities Foundation, is directed by the Auburn Center for the Arts and Humanities. Alabama Voices pairs a scholar of Alabama literature with a writer who has significant ties to the state of Alabama. Together, the scholar and author present

a session for the public. The author Ms. Deck will work with will be announced later as will the time, date, and place of the reading and lecture.

\*Welcome back to newlyweds **SUSAN and RICK SAYLOR!** Glad to see you back on campus.

\* Shelton State Community College is featured in a new book entitled **RE-ENGINEERING EDUCATION FOR QUALITY** by Dr. Stanley Spanbauer. Shelton is one of 11 colleges from across the United States featured in the book. If you are interested in ordering a copy of the new book, contact Johnnie Parker.

## **WILD WILD WESTALABAMA PARTY**

Don't forget the Wild West Alabama party scheduled for Saturday, July 20, from 4-7 p.m. at the new campus.

The Alumni Association will be serving barbecue plates. If purchased by Friday, July 19, the cost of the barbecue is \$5 per plate. If purchased the night of the event, the plate will be \$5.50.

Tickets for the barbecue plates will be on sale with Ronda Shirley at the Skyland Campus, Judy Holland on the new

campus, and Teresa Sprowl at the Fredd Campus.

Sky divers are also scheduled to perform along with "Michael and the Memories" and other great acts! Admission is \$2 for adults. Children under 12 years of age are admitted free. For more information, call 391-2221.

---

---

## **1996 HOT TRACK JOBS INTERNATIONAL ACCOUNTANT**

As fast as the economies in Eastern Europe, Latin America and China have opened up, U.S. companies have rushed in to capitalize: exporting, buying firms, building plants, planning joint ventures. The North American Free Trade Agreement provided \$20 billion in new trade with Mexico alone in 1994. Companies need accountants who know international financial-reporting standards, merger-and-acquisition protocol and foreign business customs. The number of international accountants has increased more than fourfold in the past five years and is expected to double again in the next five.

An accounting or business degree and another language is



required. Overseas experience helps.

Shelton State offers accounting, statistics, and business courses for the first two years of a BS degree. Shelton also offers elementary, intermediate, and conversational Spanish. Beginning and conversational German courses are offered through the Continuing Education Division at Shelton.

---

## **FACTS ON FREDD**

**A career information seminar is scheduled on Wednesday, July 17, at the C.A. Fredd Campus. The seminar will be held at 9 a.m. and again at 5 p.m. The purpose of the seminar is to update students on the technical programs available. Financial aid representatives will**

**be available. Anyone is invited to attend, but students who are interested in any of the technical programs are urged to attend the seminar. For more information, contact Sam Merriweather.**

## **THIS MONTH ON CAMPUS**

**JULY 16  
TOUR OF NEW  
CAMPUS  
10 A.M.**

**JULY 17  
SI TEAM 1  
3:30-5 p.m. LPN Room  
New Campus**

**JULY 17  
SI TEAM 4  
3-4 p.m. Room 319  
Skyland Campus**

**JULY 17  
CAREER  
INFORMATION  
SEMINAR  
Fredd Campus  
9 a.m. & 5 p.m.**

**JULY 18  
TOUR OF NEW  
CAMPUS  
1 P.M.**

**JULY 19  
SHELTON STATE  
FOUNDATION  
3:30 p.m.  
CENTER FOR  
ADVANCED  
PRODUCTIVITY  
NEW CAMPUS**

**JULY 20  
WILD WILD WEST  
ALABAMA PARTY  
4-7 P.M. NEW CAMPUS**

**JULY 23  
QUALITY COUNCIL  
3 P.M. New Campus**

**JULY 23  
TOUR NEW CAMPUS  
10 A.M.**

**JULY 24  
SI TEAM 1  
3:30-sKYLAND CAMPUS**

**JULY 25  
TOUR OF NEW  
CAMPUS  
1 P.M.**

**JULY 25  
SI TEAM 5  
3:30-4:30 p.m.  
Room 1217 New Campus**

**JULY 30  
TOUR OF NEW  
CAMPUS  
10 A.M.**